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HOMEMAKERS' CHAT

Friday, June 30, 1939

(FOR BROADCAST USE ONLY)

Subject: "HOME-MADE QUICK BREADS". Information from the Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

What I'm going to say today is for anyone and everyone who likes home-made bread--fresh from the oven and ready to eat. Or perhaps I should say home-made quick bread. For--since it's summer time--I'm mentioning only those breads that may be mixed up quickly--then baked in half an hour or so. Most of these suggestions I'm passing on to you are from the Federal Bureau of Home Economics.

But--before I go into the why's and wherefore's of mixing muffins, biscuits, and such--I'd like to read you what nutritionists say about the place of all kinds of bread in the diet. They point out that--

"Some kind of bread should be served at every meal to those who need plenty of energy food. And if the family gets barely as many fruits and vegetables as it needs--at least half this bread may well be made from whole-grain flour or meal. Whole-grain cereals--in addition to supplying material for energy--help to reinforce the diet in some of the vitamins and minerals, notably vitamin B and iron.

And now--back to my tips for making quick breads. First, about the flour.

"Most of the quick bread recipes that call for flour are worked out on the basis of an all-purpose wheat flour. But whole-wheat flour may be substituted for all or for only part of this. Substitute whole-wheat flour for all purpose flour cup for cup. It's possible to make this substitution in recipes for muffins--and biscuits--griddle cakes--waffles--and fritters."

As for the shortening in quick breads--any mild-flavored edible fat is suitable. The best liquid to use for food value--flavor--and texture is milk. In any

quick bread but pop-overs sour milk may be substituted for sweet--cup for cup.

"Of course--always--when sour milk is substituted for sweet milk there must be a change in the leavening agent.. Each cup of sour milk needs 1/2 teaspoon soda to neutralize the acid. in it. 1/2 teaspoon soda equals in leavening power 2 teaspoons of baking powder--and takes the place of that much of the baking powder in the original recipe.

"Add the soda with the dry ingredients. Do not mix it with the sour milk ahead of time, because then much of its leavening power is lost. As soon as the sour milk and soda are combined they react--and begin to liberate gas. Since this gas furnishes the leaven for the bread, it's not a good idea to let it go off into thin air ahead of time."

And here's a special note about muffins.

"Muffins are the quickest to make of all the quick breads. The secret of making them successfully lies mostly in the mixing--and the knowing when to stop mixing. It is easy to develop the gluten of the flour in muffins to a point that it becomes tough--because there is quite a bit of flour in muffins--twice as much as there is liquid. Therefore--stir muffins just enough to moisten the ingredients and leave the mixture with a rough appearance. Do not mix for smoothness.

"Muffins are at their best served hot from the oven--with plenty of butter. But here's a suggestion you might try if you have some left over from the meal before

"Many cooks like to cut these muffins in half--butter them--then toast them. They're something extra special with a little strawberry jam--or a favorite jelly."

And now--just a word or two about biscuits--which aren't at all hard to make if you remember the rules for mixing them.

"To make good biscuits--stir the ingredients until they are well-mixed--no more. This mixture should be fairly moist at the beginning, because it will stiffen

with stirring or kneading. If you want crusty, flaky biscuits--drop the dough without rolling it out--onto a baking sheet.

"Or--if you want more shape to the biscuits--pat the dough out until it's about three quarters of an inch thick and cut it with a biscuit cutter. For biscuits that will rise a little more--knead the dough a bit before rolling it out."

When you're making waffles and griddle cakes--it's the same story--as far as mixing rules are concerned. Stir the batter enough to make it smooth. But do not beat it. That'll develop the gluten in the flour and make the cakes and waffles tough.

Sometime--when you're making muffins and griddle cakes you may want to use corn meal. If you have a recipe that calls for an all-purpose flour you can substitute cornmeal for all of it or only for a part. If you're using finely ground corn meal--substitute cup for cup. But if you're using cornmeal that's ground coarsely--you won't need quite so large an amount as the flour in the recipe. This should be substituted weight for weight.

"For the most part cornmeal works best in recipes that have been designed especially for it. For it differs from wheat flour chiefly in that it contains no gluten. And gluten is the protein that gives the elastic quality necessary for doughs. Also, cornmeal is heavier than wheat flour and needs more liquid.

"Of all the dishes made from cornmeal--one of the favorites since the Indians started it has been corn pone. This simple, all-American dish was served recently to the King and Queen of England--at the state dinner given for them at the White House."

There are a lot of other cornmeal dishes, also--fit for any king or queen. But since I haven't time to do justice now to corn pone and johnny cake--and spoon bread--these are all the suggestions I have for today for making bread at home.

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